



Chef Charles Says...

A newsletter for congregate meal participants for the month of October

Please read carefully. We have new information in this section. The 2010 Dietary Guidelines for Americans were released in January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

More and more grandparents are being enlisted to care for grandchildren. Since the newsletter was written, new statistics have been released for 2010. The number for grandparents doing primary care for grandchildren in Iowa is now 14,450. Nutrition is part of the care package. The newsletter provides ideas to make this part of care a little easier. Of course, the ideas can also be used by all grandparents.

Older adults have specific food safety needs. CDC recently issued a new food safety alert for older adults. This is the topic of the food safety article. Older adults are at greater risk for foodborne illness. Please emphasis this article.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In lowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site understand that the SNAP program can make a big difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.







Pick a Better...

Props:

- Small serving bowl
- Banana
- Candy bar
- Apple
- Orange
- Carrot

You are an important influence on your grandchild. You can do many things to help develop healthy eating habits for life.

Activity

Snack For Your Grandchild

As a grandparent do you think you influence what your grandchild eats? The answer is yes, and you can help your grandchild develop healthy eating habits for life. The bonus is that you will be eating healthier as well.

Set a Good Example If your grandchild eats a meal with you, sit down and enjoy the meal with him. Let him see you eating healthy choices like fruits, vegetables and whole grains. If you are on the go with your grandchild, bring along healthy snacks such as oranges, bananas, or other ready to eat fruit. Let your grandchild see that you like to munch on raw vegetables and are willing to try new foods. Banana and candy bar

Offer a Variety of Foods Try something new with your grandchild. Here are just a few ideas: fresh pineapple, green peppers, a fresh spinach salad, low-fat cheese, canned salmon, or a whole wheat pita with hummus. Put rinsed and cut fruits and vegetables on a shelf in your refrigerator where your grandchild can chose them for a snack. Bowl

Follow Meal and Snack Schedule Children need three meals and one or two snacks each day. Preschoolers need snacks since they do not eat enough at a meal to stay full until the next mealtime. Make sure that the foods offered at each meal and snack provide the most nutrition for the child. Apple

Cope with Picky Eater Let your grandchildren be "produce pickers." Let them help pick out fruits and veggies at the store. It's a great idea for helping your picky eater try fruits and vegetables. Offer choices. Rather than ask "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?" Orange and raw carrot

The fruits suggested in this activity are not the only choices. Feel free to use any fruit or vegetable as part of the activity.

Ask the group: How many of you are grandparents or great grandparents? Or do you have a special niece or nephew? Whether your special young person lives with you or is a frequent visitor, you can help them make healthier food choices. Illustrate the four points in the article using the suggested props. The text following the point can also be shared or read by a participant.

Be an Example Ask group: Which would you rather eat, a banana or a candy bar? Now, if you are trying to be a good example for your grandchild, which would you choose? Being a good example helps both you and your grandchild. Place the banana in the bowl.







Offer A Variety of Foods Using a bowl like this to put healthy snacks in the refrigerator or on the counter encourages you and your grandchild to eat different fruits and veggies. What does the newsletter say about variety?

Follow Meals and Snack Schedules Children need to eat more frequently than just at meals. But the foods they choose need to provide nutrition. Like this apple. *Place the apple in the bowl*

Cope With 'Picky Eaters' To help picky eaters make good choices give them healthy choices to pick. Like the orange and grapes. What does the newsletter say about picky eaters? *Place orange and grapes in bowl.*

Selecting snacks from this bowl will help you and your grandchild.

Be Active

Props:

None

Activity

Fight a Cold

In a study analyzing data about the physical activity of 1,002 men and women, researchers found that the more a person exercised during the fall and winter, the fewer sore throats, headaches, fevers, and other aliments they suffered. Those who engaged in aerobic activities like brisk walking at least five times a week spent 4.3% fewer days with upper respiratory infections than those who exercised less than once a week and when the exercisers did get sick, their illnesses were milder.

British Journal of Sports Medicine, 2010.

Begin by asking the participants to identify the benefits of regular exercise. Give the group time to list items such as a healthier heart, controlling diabetes, helping relieve arthritis stiffness, etc. Did you know that exercise can help with your winter cold? Let's look at the article about being active in the newsletter. What does this information suggest you should try? *Include exercise, especially walking, in your everyday activities*.

Food Safety

Props:

None

Heat Processed Meat to Prevent Being Sick

This spring the Center for Disease Control and Prevention issued a warning for all adults over the age of 50 and especially those over 65, suggesting that they should reheat processed meats normally served cold to reduce the risk of listeriosis, an infection. Listeriosis can continue to grow in cold temperatures, and it can cause serious complications, and even death, in older adults and









people with compromised immune systems. The CDC advises that hot dogs, cold cuts, and luncheon and deli meats be heated to 165 degrees, or until they are steaming hot, before eating. They also recommended that an opened package of sliced deli meat should be discarded after five days. Most people who get listeriosis develop mild symptoms, including a slight fever, muscle pain and diarrhea. The severe form of this infection requires hospitalizations and aggressive treatment with antibiotics. You may want to use the deli meat in a modified toasted cheese sandwich to make sure and heat the meat.

Activity

Ask the group: What are some examples of cold cuts or deli meats? (hot dogs, luncheon meat, or meat slices) Older adults need to be careful when eating these foods. Let's look at the article in newsletter. Why do we need to be careful about cold cuts? May be a source of bacteria. How long should we store cold cuts after they are opened? 5 days How will this change what you do with storing cold cuts? Label cold cut packages to know when 5 days have passed.

Chef Charles Says Grandparents to the Rescue

Props:

None

In 2009, about 13,000 lowa grandparents had primary responsibility for caring for their grandchildren. If you or a friend has this challenge, you can make a difference in their health. How?

- Eat vegetables, fruits as snacks. Let your child see that you like to munch on raw vegetables.
- Try new foods yourself. Describe its taste, texture, and smell.
- Offer one new food at a time. Serve something your child likes along with the new food.
- Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.
- Go shopping together. Grocery shopping can teach your child about food and nutrition.
- Discuss where vegetables, fruits, grains, dairy, and protein foods come from.
- Get creative in the kitchen. Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks.
- Offer the same foods for everyone. Don't be a "short-order cook" by making different dishes to please children. It's easier to plan meals when everyone eats the same foods.
- Reward with attention, not food. Show your love with hugs and







kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods.

 Encourage physical activity. Make physical activity fun and include yourself. Walk, run, and play with your grandchild instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

Activity

Write on a slip of paper each idea for grandparents to be supportive of healthy food choices. Place in a basket. Ask participants to draw and read the idea. Ask if anyone has experiences they would like to share for each idea. You should think of an experience to get the ball rolling.

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Chef Charles Asks the Questions

Props:

- ½ cup oil
- ½ cup applesauce

Activity

How Do I Substitute Applesauce For Oil In A Recipe?

To lower the amount of fat in a recipe, use applesauce in place of oil. Your results may vary depending on the recipe, but this works very well for things like cakes and brownies. When substituting applesauce for cooking oil, use an equal amount of applesauce for oil. In other words, if a recipe calls for half cup of oil, use half a cup of applesauce. As for taste, you really cannot tell the difference. The baked goods may be moister, which is usually a good thing.

What is the benefit? A cup of unsweetened applesauce has about 100 calories. A cup of vegetable oil has roughly 1950 calories. Which will you choose?

Say to the group: Looking at these two measuring cups. One has oil and one has applesauce. To lower the fat in a baking recipe, you can substitute equal amount of applesauce for oil. Has anyone tried this? Other pureed fruits or vegetables can also be used such as sweet potato. Check out the muffin recipe in the newsletter for an example.

Get the News

Props:

- Pillow
- Clock

Activity

Wait to Sleep After You Eat

Waiting an hour between eating and sleep may lower stroke risk according to a study released earlier this year. The study found that waiting 60 to 70 minutes before going to bed after eating may reduce the risk of stroke by 66%. The study included people who already had a stroke and people with acute coronary syndrome. Researchers also cited previous research that showed going to bed soon after a meal can increase the risk of acid reflux disease, which is associated with sleep apnea, a risk factor for stroke.

WebMD August 2011

Hold up pillow and ask the group: How long after you eat do you go to bed? It may be a good idea to pay attention to this. Let's look at the Get the News article. After reading the article hold up the clock. One way to reduce the risk of stroke is to pay attention to the clock and wait one hour to hit the pillow.







Snacks

Teaching Points:

- Muffins freeze easily and can be reheated in the microwave.
- Mashed sweet potatoes may be used in recipes calling for pumpkin puree.
- These are great for afternoon snacks with your grandchildren.
- Notice that the recipe does not have any fat (oil) and they are still very moist and taste good.

Yam & Jam Muffin

1-3/4 cups all-purpose flour

1/3 cup packed brown sugar

1-1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 of a 17-ounce can sweet potatoes, drained (about 1 cup)

1 beaten egg

1/2 cup fat-free milk

1/3 cup fruit jam or preserves (such as plum, strawberry, peach, or apricot)

1/4 cup applesauce

Lightly grease twelve 2-1/2-inch muffin cups or line with paper bake cups; set aside. In a large bowl combine flour, brown sugar, baking powder, baking soda, and cinnamon. Make a well in center of flour mixture; set aside. In another bowl mash the drained sweet potatoes with a fork. Stir in egg, milk, jam, and applesauce. Add sweet potato mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Spoon batter into prepared muffin cups, filling each about three-fourths full. Bake in a 400 degree oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in center comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Cool slightly. Makes 12 muffins.

137 calories; 1 gm fat; 18 mg cholesterol; 143 mg sodium; 30 gm carbohydrates; 1 gm fiber; 3 gm protein; 104 mg potassium; 39 mcg folate

Recipe modified from BHG.com







Did You Learn An	y New Ideas?	Your Answers
1. T or F Children or	nly need three meals a day.	
2. Exercising regular winter.	rly can lower the number of	each
3. How long should the refrigerator af	cold cuts including hot dogs be s ter opening?	tored in
4. How much apples a baking recipe?	sauce can be substituted for 1 cu	p of oil in
5. How long should risk of strokes?	you wait to sleep after eating to l	ower the
Contact Name Congregate Mea	al Site (Please list all the e ordering the newsletter.	rition Network Partners Only)
Month	# Newsletters	# Incentives
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Month	# Newsletters	# Incentives
October, 2011	Congregate Meal Site Participants	The incentive for October-December is a can-sized drainer/strainer. Please indicate how many are needed

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Did You Learn Any New Ideas? Your Answers False. They also need T or F Children only need three meals a day. planned snacks 2. Exercising regularly can lower the number of _____ each winter. Colds How long should cold cuts including hot dogs be stored in the 3. Five days refrigerator after opening? How much applesauce can be substituted for 1 cup of oil in a 4. 1 cup baking recipe? How long should you wait to sleep after eating to lower the risk 5. 1 hour of strokes?

Chef Charles Says...

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